

## 2015 Project AWARE Menu

### Saturday, July 11th

- **Dinner (Hy-Vee, Marion, IA):** Spaghetti with Meatballs, Chicken with Alfredo Sauce, Garden Salad with Dressing, Roasted Red Skin Potatoes, Breadsticks & Assorted Cupcakes, Ice Tea, Lemonade, and Milk (Vegetarian Option: Spaghetti with Marinara)

### Sunday, July 12th

- **Breakfast (Hy-Vee, Marion, IA):** Scrambled Eggs, Sausage or Bacon, Cheesy Breakfast Potatoes, Fruit Tray, Orange Juice, Coffee, Milk (Vegetarian Option: Veggie Patty)
- **Lunch (Hy-Vee, Marion, IA):** Build-A-Sandwich (Breads, Meats, Cheeses, Veggies, & Condiments), Whole Fruit Choice, Fresh Veggie Pack, Trail Mix, Assorted Cookies
- **Dinner (Wolfey's Wapsi Outback, Quasqueton, IA):** Roast Pork, Green Beans, Baked Potato, Dinner Roll, Brownie/Cookie, Ice Tea, Lemonade, and Milk (Vegetarian Option: Black Bean Burger)

### Monday, July 13th

- **Breakfast (Wolfey's Wapsi Outback, Quasqueton, IA):** Scrambled Eggs, Pancakes with Syrup, Sausage Links, Biscuits and Sausage Gravy, Fruit Tray, Orange Juice, Coffee, and Milk (Vegetarian Option: Breakfast Veggie Pizza, Biscuits with Plain Gravy)
- **Lunch (Wolfey's Wapsi Outback, Quasqueton, IA):** Build-A-Sandwich (Breads, Meats, Cheeses & Veggies), Whole Fruit Choice, Fresh Veggie Pack, Cookie
- **Dinner (Hy-Vee, Marion, IA):** Sesame Chicken or Beef and Broccoli, Fried Rice/Lo Mein, Crab Rangoon/Egg Roll, Fresh Fruit Tray, Assorted Cheesecakes, Ice Tea, Lemonade, and Milk (Vegetarian Option: Veggie Lo Mein/Stir Fried Veggies with Tofu, Veggie Egg Roll)

### Tuesday, July 14th

- **Breakfast (Hy-Vee, Marion, IA):** Breakfast Pizza (Sausage, Bacon, Ham), Assorted Donuts/Muffins, Assorted Yogurt, Fruit Tray, Apple Juice, Coffee, and Milk (Vegetarian Option: Veggie Breakfast Pizza)
- **Lunch (Hy-Vee, Marion, IA):** Build-A-Sandwich (Breads, Meats, Cheeses & Veggies), Whole Fruit Choice and Cheese Cubes/Grapes, Fresh Veggie Pack, Granola Bars.
- **Dinner (Hy-Vee, Marion, IA):** Grilled Chicken Breast or Burger, Baked Beans, Potato Salad or Pasta Salad, Assorted Brownies, Ice Tea, Lemonade, and Milk (Vegetarian Option: Grilled Veggie Burger)

### Wednesday, July 15th

- **Breakfast (Hy-Vee, Marion, IA):** Assorted Breakfast Sandwiches (Ham, Sausage, or Bacon with Egg and Cheese), Cheesy Breakfast Potatoes, Assorted Mini Muffins,

Fresh Fruit Tray, Orange Juice, Coffee, and Milk (Vegetarian Option: Breakfast Sandwich without Meat)

- **Lunch (Hy-Vee, Marion, IA):** Build-A-Sandwich (Breads, Meats, Cheeses & Veggies), Whole Fruit Choice, Fresh Veggie Pack, Assorted Bags of Chips, Trail Mix, Assorted Bars

**Dinner (Hy-Vee, Marion, IA):** Sliced Pork Loin, Party Potatoes, Garden Salad with Dressing, Apple Crisp, Ice Tea, Lemonade, and Milk (Vegetarian Option: Veggie Wrap)

**Thursday, July 16th**

- **Breakfast (Hy-Vee, Marion, IA):** Waffles/Pancakes, Scrambled Eggs, Sausage Links or Bacon, Fresh Fruit Tray, Apple Juice, Coffee, and Milk (Vegetarian Option: Breakfast Sausage)
- **Lunch (Hy-Vee, Marion, IA):** Build-A-Sandwich (Breads, Meats, Cheeses & Veggies), Whole Fruit Choice, Fresh Veggie Pack, Assorted Bars